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Before breakfast each day, drink a glass of real hot water with a teaspoonfull of limestone phosphate in it as a harmless means of washing from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully in-vigorating. It cleans out all the sourfermentations, gases and acidity and gives one a splendid appetite for break-

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